

WHAT IS CLAIMED IS:

1. A method of processing a food or food products,

5 characterized in that after seed of one or more of wheat, barley, oats and rye are soaked in water or hot water for a predetermined time, malt obtained by a germination step as supplier for oligosaccharide is included in the food or food
10 products as a part of materials thereof.

2. The method of processing the food or food products as claimed in claim 1,

15 wherein the oligosaccharide content in malt is adjusted by controlling a mixing ratio of the malt.

3. The method of processing the food or
20 food products as claimed in claim 2,

wherein the oligosaccharide is one or more selected from a group comprising maltotriose, maltotetraose, maltopentaose and maltohexaose.

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4. A food or food products produced with the method as claimed in any one of claims 1-3.

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